

Emotional Support

Caregiver Support Program

The Program's regularly scheduled classes, support groups, and Mindfulness-Based Stress Reduction workshops & counseling promote support while learning how to manage stress and anxiety, caring for oneself, and establishing realistic goals and expectations.

Mobile Mental Health Program

The Program provides intensive mental health services for seniors in their home. The program includes counseling and medication management.

Senior Peer Counseling Program

Emotional support is provided in the home by trained senior counselors, is offered in multiple languages, and is supervised by a licensed therapist.



To obtain information about any service please call the

Senior Help Line
(510) 574-2041

**Available in English, Farsi,
Spanish, and Mandarin**

3300 Capitol Avenue Bldg B.
P.O. Box 5006
Fremont, CA 94537-5006
<http://www.fremont.gov>

City of Fremont

Human Services Department
Aging & Family Services Division

Supportive Services



CITY OF
Fremont
Human Services Department

The Aging & Family Services Division (AFS) supports an aging-friendly community through a continuum of services designed to support seniors and their families.

Fremont Senior Center *(510) 790-6600*

The Fremont Senior Center provides a second home for seniors who want the opportunity to socialize, attend a variety of classes such as exercise and internet, participate in hobby and support groups, and have a nutritious meal that is cooked fresh daily onsite.



Care Management

Senior Helpline *(510) 574-2041*

A staff **care manager** can make a home visit to conduct a detailed assessment and make recommendations. Ongoing support and referrals are made for services such as:

- Health care
- Benefits
- Legal & Housing Resources
- Recreational & Social Activities

Fremont Paratransit Program

(510) 574-2053

The Fremont Paratransit Program provides door-to-door transportation services to eligible elder and disabled Fremont residents.

Other mobility services such as travel training, walking clubs, and LIFE Eldercare's VIP Rides and the Senior Falls Prevention Program may also be available.

